

The Arizona BEEHIVE

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2019 Health & Wellness Issue!

“The Unexpected Life is No Less a Life”

*Hope for Singles Shines Brighter
in the Valley of the Sun*

By Karelyn Goins

“For me, one challenge of being 30-plus in the Church and single is [that] most activities in the Church are geared towards having an eternal family. This can make the Church one of the most isolating places to be when you don’t have that yet,” shared Erin Johanson, who attends the Gilbert Single Adult (SA) Ward.

Johanson may feel isolated, and she isn’t alone. Many mid-singles struggle with their place in a family-

oriented church. But there is hope! In recent years, the Church has been expanding its programs and options for mid-singles.

Being a single member of The Church of Jesus Christ of Latter-day Saints is not a new concept. However, the number of Church membership included in this demographic has increased over the past generation, whether through death, divorce, or simply never marrying.

The Church is recognizing the specific needs and strengths of mid-

“I finally feel like I am surrounded by people in the same situation as me and not like an outlier.”

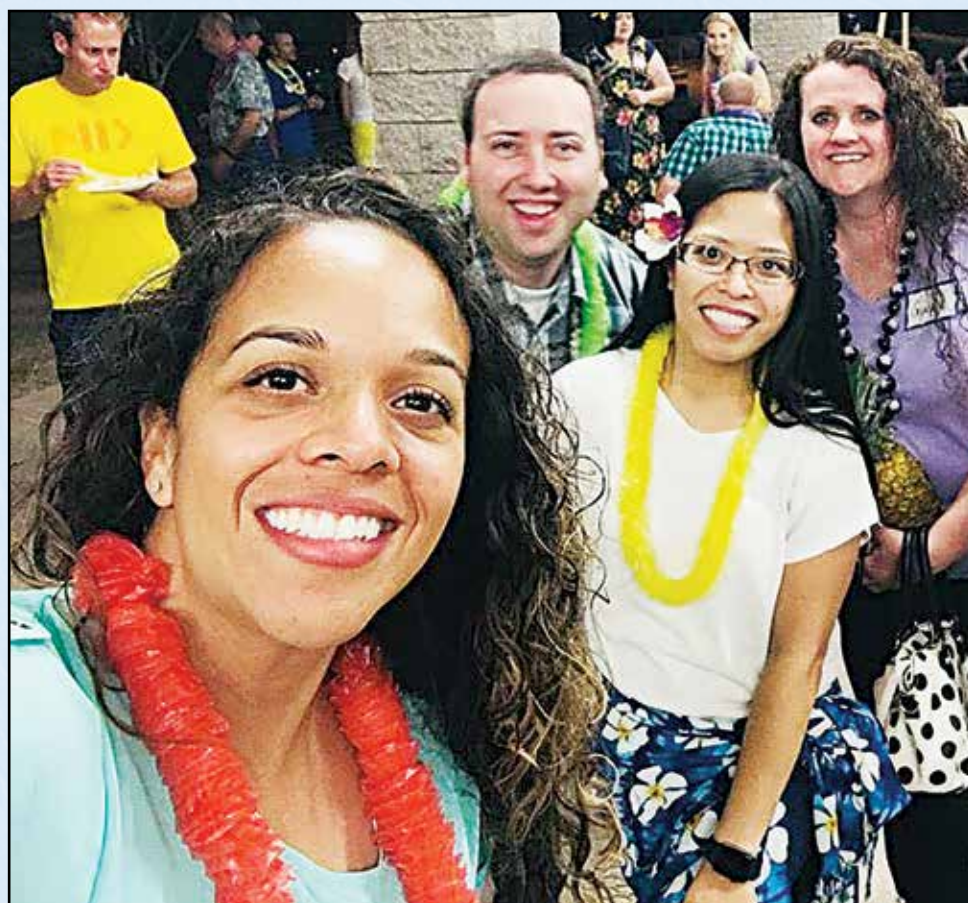


Photo by Diane Forshee

Carmen Rodriguez, Sandy Porter, Benjamin Porter, and Gina Knudsen squeeze in for a picture at the ward luau.

singles as they differentiate from their younger cohort.

While a single adult is technically any unmarried person 18 years of age or older, a couple of subsets have been designated within the Church. Young single adults, more commonly referred

to as YSA, are single adults aged 18-30, and mid-single adults, or MSA, are single adults aged 31-45. Single Adult

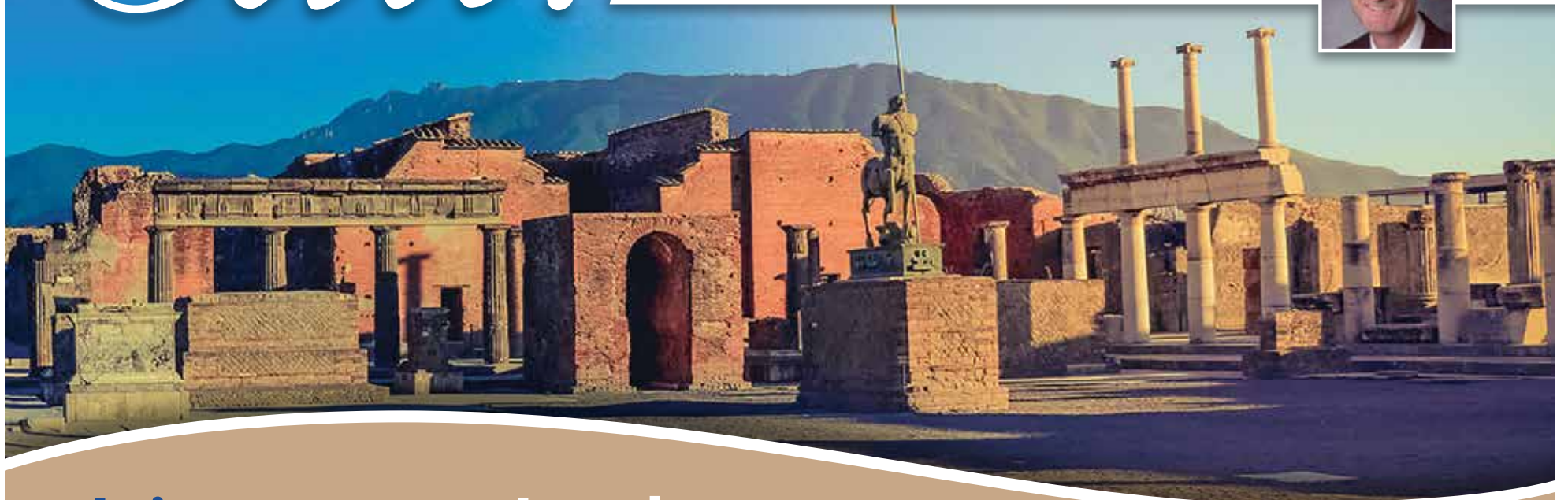
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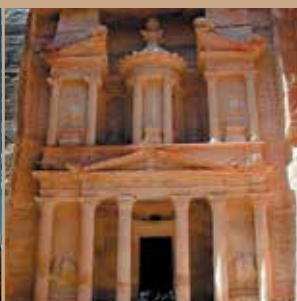
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The Unexpected Life
Continued from pg. 1

Wards are specifically for the latter.

YSA have a long-standing and far-reaching establishment throughout the Church, as evidenced by the widespread presence of YSA wards, Church-sponsored activities, and various educational opportunities such as Institute programs. The same cannot always be said for mid-singles, who may grapple with “aging out” of YSA programs.

As Kathy Varga, Gilbert SA Ward attendee, shared, “Some are disappointed to leave the YSA without a spouse. They feel like somehow they

Members of the Gilbert Single Adult Ward gather for a photo at an Elders Quorum activity.

Photo by Shane Baker

have failed . . . they can struggle with self-worth, especially when close family and friends are critical of their single status and quick to point out what they think the single person is doing wrong.”

According to midsingles.wordpress.com, a blog maintained by Matt Campbell, who attends the Huntington Beach Single Adult Ward, “Currently, over 50% of singles who were once active

at age 30 in a YSA ward go inactive in the Church by the time they turn 34, if there’s not an established mid-singles program, activities, and/or ward in their area.”

However, church participation for mid-singles now takes many forms. Presently, there are three options for mid-singles church attendance, including single adult wards (which include multiple stakes), magnet wards (limited to a single stake’s boundaries), and fam-

ily wards, the most widespread and traditional option.

In 2018, three single adult wards were created in Arizona, covering 55 stakes across Tempe, Chandler, Mesa, Gilbert, Queen Creek, and San Tan Valley.

“I knew there were a lot of mid-singles in family wards that I didn’t know, but I had no idea how many,” commented Varga.

“The mid-singles ward is such a blessing to me. I finally feel like I am surrounded by people in the same situation as me and not like an outlier,” says Johanson. Single adult wards are spe-

Members of the Gilbert Single Adult Ward volunteer at Feed My Starving Children for a service project.

Photo by Kara Van De Graaff

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WHAT'S THE BUZZ?

Whilst perusing the innerwebs during a recent December day, I stumbled upon a meme that showed an interminable number of people with the caption THE GYM, TWO WEEKS FROM TODAY... I of course chuckled at the absurdity of truth to this image, thinking about all the good intentioned folks who after gorging themselves on holiday fare and gaining the inevitable pounds from such activity, determine to "get into shape" for the New Year! What was missing from this meme was a subsequent image of the same space some few days later, showing a much smaller number of people more serious about such a commitment. I have a feeling most of us would not be pictured in such a second shot.



To assist those who wish to commit to a healthier and wellness-oriented lifestyle, we present our first Health & Wellness issue. As members of the Church, we are commanded, by virtue of The Word of Wisdom (D&C 89), to live a healthy lifestyle. As with all commandments, we need help, motivation and goals to achieve what the Lord asks or especially commands us to do. Recall that He directs us as such because He loves us and wants us to be happy. "...men are that they might have joy" (2Ne 2:25). When we are healthy, we experience joy. Conversely, when we are not healthy, we find it difficult being joyful. The Lord wants and needs joyful servants!

To this end we invite you to explore the pages of this issue, checking out the articles, AND the ads from companies concerned about your health and wellness. We worked hard to provide content to appeal to all Latter-day Saint lifestyles.

We look forward to your feedback about this issue. You may reach us on our Facebook page (@BeehiveNews), Instagram feed (@the_arizona_beehive), or comment section of our website (ArizonaBeehive.com). Let us know what you think, and any ideas you may have for our next Health & Wellness issue.



Cheers to you, our faithful Arizona Beehive reader, in the coming year. We look forward to joyfully serving you in 2019.

Michael O'Brien
Publisher



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At a Gilbert Single Adult Ward Family Home Evening, teams participated in a gingerbread house challenge.

Photo by Micah Melser

The Unexpected Life Continued from pg. 3

cifically for singles aged 31-45, and anyone in the age range is welcome to attend their activities. One strictly-observed rule is that only mid-singles without children or who are non-custodial parents can have their records in these wards. If a mid-single has kids or is responsible for kids, they are welcome to attend the Sunday block of meetings; however, there are no auxiliaries for those 30 and under. Members who live outside of the designated ward boundaries who wish to have their records in a single adult ward need to consult with their current bishop.

Prior to the organization of the single adult wards in the Phoenix area, options for mid-singles church attendance was limited to magnet wards and traditional family wards.

“Often mid-singles are strong participants in their family wards. Singles and marrieds can learn a lot from each other. Sometimes singles have spent so little time in family wards that when they are required to attend one, they are out of practice in making friends with people who are living with very different life circumstances. Marrieds may be unsure of how to make a single indi-

vidual feel welcome and valued. We all forget how much we are all really the same. I enjoyed the associations with older members of the Church from whom I could learn and gain valuable insight . . . I felt that they learned from us singles too,” shared Varga.

standard Gospel Doctrine lesson manual.

As of August 2018, Arizona has 5 magnet wards across the state. Magnet wards are a great option in areas where the mid-singles population does not qualify for the creation of

School class.”

Outside of church attendance and activity, there are

other challenges for mid-singles. One of the biggest struggles walking this road as a solo act is trying to incorporate gospel teachings effectively, especially when it comes to Family Home Evening and the Church’s new Come, Follow Me curriculum. What do these challenges mean with the shift to a more home-centered, Church-supported curriculum?

“[It means] that we can study together, and when you learn something, you can share it with other people,” stated Brother Curtis, a member of the Gilbert SA Ward bishopric.

Ward members are encouraged to organize amongst themselves. Eric Mortensen, also from the Gilbert SA Ward, noted that this is “not a complete individual effort—we encourage study groups. Get together with your peers to study.”

Elder Quentin L. Cook, in his October 2018 General Conference talk, noted that “it would be completely appropriate for young singles, single adults, single parents, part-member families, new members, and others to gather in groups outside the normal Sunday worship services to enjoy gospel sociality and be strengthened by studying together the home-centered, Church-supported resource.”

Whether one is on the giving or receiving end of ministering in working with singles, there are many opportunities to serve, love, and connect with others.

Being single in the Church of Jesus Christ of Latter-day Saints doesn’t have to feel isolating. Many programs exist to bring singles together for fun and fellowship.

Photo via Pixabay

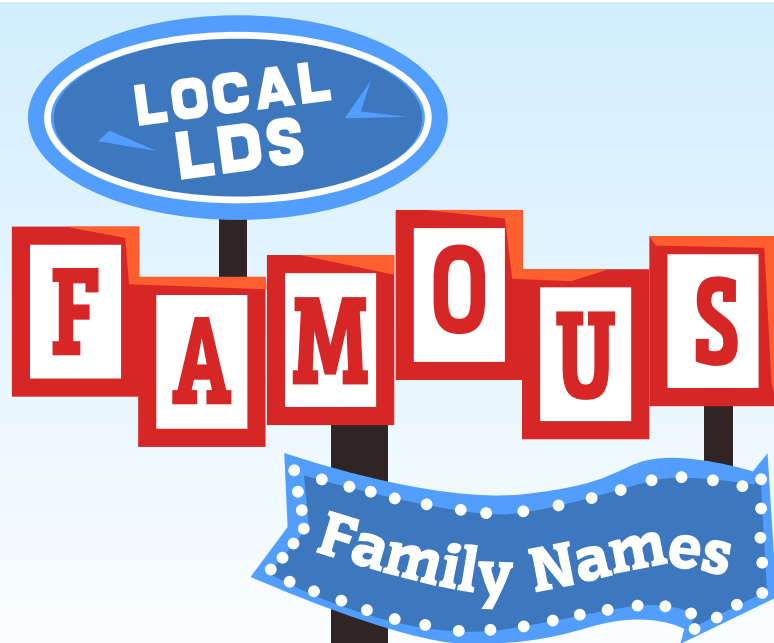


Magnet wards are family wards that work well for single parents because their children may also attend. The defining characteristic is a mid-singles Gospel Doctrine class taught by a mid-single which follows the Church’s

standard Gospel Doctrine lesson manual.

a single adult ward.

Bishop Guymon, of the Desert Hills (Magnet) Ward in Scottsdale, shared a few thoughts regarding the magnet ward’s benefits: “The mid-singles enjoy being together and sharing similar experiences. They enjoy the camaraderie and fellowship of a Sunday School class, and those who have struggled previously with activity have felt really welcomed in the mid-singles’ Sunday



The East Phoenix Valley is replete with LDS pioneer heritage. The names of pioneer families adorn our streets, buildings and schools.

We often casually pass by a geographic location without considering the history of the family for which the location was named, or why the family name was used. The inquiring minds of Arizona Beehive readers want to know!

In each issue we now present the history of one "famous" Mormon family name. We hope you enjoy learning about these families, and encourage you to reach out to The Arizona Beehive with ideas for families to feature in the series.



By Emily Jex Boyle

The Sirrine Family

George Warren Sirrine: One of Mesa's Founding Fathers — A Community Builder of the West

George Sirrine (pronounced *sir-rhine*) is considered one of four "founding fathers" of Mesa, memorialized in a statue in Pioneer Park. Born in Putnam County, New York, on December 6, 1818, to Isaac Sirrine and Sarah Garrison, George showed promise in his unique aptitude with machinery. By sixteen, his father had given him full responsibility of their family mill.

After joining the Church of Jesus Christ of Latter-day Saints, George left his home state on the ship *Brooklyn*, sailing from New York around South America's Cape Horn to San Francisco

in 1846. A fellow passenger on the ship, Emmaline Lane, caught George's attention and the two were married by Samuel Brannan soon after their arrival to California. Legend has it their marriage was the first ceremony performed in the English language on the Pacific Coast.

While in California, Emmaline gave birth to their daughter, Sarah Ann. Tragically, Emmaline died before the child was a year old. Later, George married Esther Ann Crismon.

George helped settle the area that is now San Bernardino, and he was tasked by the Church with taking the

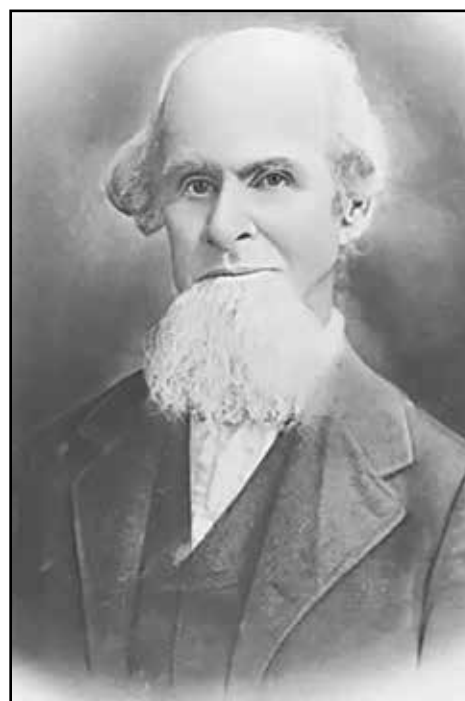


Photo courtesy of Ronald Sirrine

George Warren Sirrine.

with him the first load of honey which he "sold at a very good price." Eight years later, he moved his family to Paris, Idaho, to help colonize the Bear Lake area. He helped construct and run the first grist mill and saw mill and opened a mercantile store.

Brigham Young called George to help colonize Arizona eleven years later. On September 10, 1877, they headed south, joining nine other families, totaling in all seventy-two people. When they reached Lee's Ferry at the Colorado River, George helped others to safely cross the perilous river.

Once they arrived at the Salt River Valley, the party learned of ancient canals and determined to bring water to the mesa from the river. George set to work planting orchards, helping to organize a Zion's Cooperative as well as building the first flour mill in the locale, as detailed in Patricia A. Pyper's *Our Pioneer Heritage*. According to George's great-grandson, Ronald Sirrine, settlers learned to build with adobe from the Salt River Pima Maricopa Indians.

The Sirrine House, located in downtown Mesa, memorializes the building spirit of this pioneer family. The town's only Victorian Era home still standing became a museum in 1986. Tours are available on Fridays and Saturdays at 53 N MacDonald, (480) 644-2230, or you can visit the Mesa Historical Museum website.



The Sirrine House in downtown Mesa.

Photo courtesy of Lucile Boyle

San Francisco subscription, which he had helped raise, to San Diego. En route to San Diego, George outwitted two sketchy characters who were after the cash. George duped the would-be thieves by putting the money in some old boots in his tool chest and, in full view of the crooks, removing everything from the chest and being sure to clean and polish his boots. The two, apparently convinced they'd followed the wrong man, disembarked at the next port.

George arrived in the Salt Lake Valley in 1858 from California, bringing

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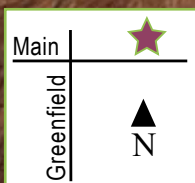
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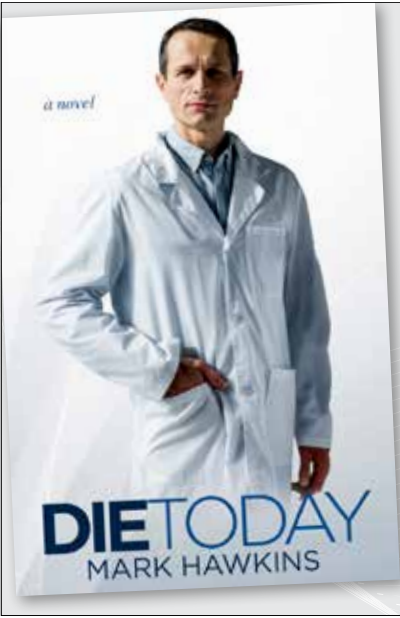
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“Helping Hand for Relief & Development” Appreciates Volunteers From JustServe.org



Photo courtesy of Gul Siddiqi

Gul Siddiqi (center in yellow hijab), with Sharon Eubank, 1st Counselor in the Relief Society General Presidency, and friends at Women's Conference in 2017.



Photo courtesy of Gul Siddiqi

The Interfaith Active Senior Volunteers at HHRD.



Photo courtesy of Gul Siddiqi

LDS and Muslim volunteers finish loading the last container of boxed goods from HHRD to be shipped overseas in 2018.

In over 50 countries, the non-profit humanitarian organization Helping Hand for Relief and Development (HHRD) is at work supporting orphans, refugees and disaster victims, and building water wells to benefit entire communities.

Gul Siddiqi, a Muslim native of India and an Arizona resident for 20 years, directs the work of HHRD in Arizona, Utah and New Mexico. While talking to managers of other organizations, she discovered that they attract volunteers through JustServe.org, a website provided by The Church of Jesus Christ of Latter-day Saints.

Gul was soon trained to post projects on the site. She recalls, “I started getting a lot of volunteers. And when they came in, I realized that we



Photo courtesy of Gul Siddiqi

Residents in Somalia are grateful for their new water well from HHRD in 2017.

are doing with your children—trying to keep them on the straight path and teach them how to help each other.” She says of JustServe.org, “I love that website. I love the partnership. I have so many success stories.”

Adam Shaeffer of the Tempe South Stake is one of the youth volunteers Gul gratefully found through the site. Adam was looking for an Eagle Scout project when he noticed an HHRD posting. He then raised over \$1,500 for the agency. He says, “I was surprised by how much money I raised because the main point of my project was to collect clothing and school supplies for refugees in Lebanon.” While gathering 70 boxes of items, he offered donors the option of giving money instead.

That money will help construct a water well in Africa. The enormous task involves training local people to manage it over the years.

Volunteers who like hands-on service are welcome to sort and pack donations at the agency’s Chandler facility. It’s great for families and date night!

To promote understanding and friendship between faiths, Interfaith Active Seniors Volunteering Day occurs the first Monday of every month from 11:00 am - 12:30 pm, ending with a meal.

Recently retired, Barbara Dudley of the Gilbert Val Vista Stake volunteers every week. She says, “I’m not ready for the rocking chair, and the people here are wonderful.”

For huge groups, HHRD can take

materials offsite, as they did in March, 2018, for 150 youth volunteers of a Gilbert stake.

HHRD values collaboration and accountability. Agencies such as Feed My Starving Children often rely upon HHRD to distribute donations once they arrive at port because it has capable ground teams in so many countries.

The agency provides emergency food packages after earthquakes and tsunamis, as well as micro-homes built by engineers and qualified refugees, so fewer refugees must live in tents.

Through HHRD, donors currently support 17,200 orphans in 17 countries. A donation of \$30 per month provides a child with food, education and periodic medical screenings. It allows them to participate in activities that develop character and leadership skills.

To learn about those 17 nations, come as a patron or a volunteer to the Global Village Festival. It’s a free event with exhibits, food, activities for all ages, and an international marketplace to raise funds for orphans, on Saturday, February 23rd, from 12:00 - 5:00 pm, at Arizona Cultural Academy at the I-10 and Baseline.

Please visit hhrd.org and justserve.org for more information and to schedule a volunteer time.

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Pre-Mission Health and Fitness

By Allison Beckert

Mission papers sent off? Great! Now what? There are plenty of things you can do to prepare spiritually, physically, emotionally, and financially while waiting for that all-important call packet. Check in with us for tips, tricks, and useful resources for preparing missionaries and their families.



Photo by LDS Media Library

Use your preparation time to find foods you enjoy that provide high nutrition, extended energy, and that are easy to make.

Health and fitness allow missionaries to serve effectively no matter their call. Nurture the body as a divine gift by preparing it for the service of God.

With the recent expansion of the missionary program, not all missionaries will be expected to meet the physical demands of a full-time proselyting mission. Rely on the support and advice of medical professionals. Review with your doctor what can be done to improve diet, build strength, and increase stamina until your call is received and after your report date.

Review your nutrition and gradually introduce changes. Review your doctors' suggestions and the Word of Wisdom for direction on types of foods to increase in your diet and which to reduce. Changes

Continued on pg. 12

Prep Your Missionary
 Continued from pg. 11

to diet and activity level are some of the most difficult, and sudden big changes can have big results at first. The first signs of improved health, however, often level off or even cease to endure without a consistent plan and support to stay on track. For those preparing missionaries who have been counseled to lose weight, drastic changes all at once

often do more harm than good. Stick to medical advice and be aware of major warning signs of malnutrition or physical damage from overdoing your efforts as recovery can set back progress further than any weight loss can improve your health. Pray and seek the Lord's direction as continued improvement will require the help and support of the Spirit.



MormonAd. Photo by LDS Media Library



Photo by Pixabay

Packing space is limited. Exercise should be minimal, and anything mailed out during a mission still creates bulk during transfers.

Strength training, whether with weights or resistance, improves muscle and joint health when done right, and encourages higher quality sleep. This aspect of exercise should not be overdone. Gradually build your workout schedule with days of rest between major muscle groups. Research available programs that use minimal equipment and don't demand a lot of time as exercise is an aid to, not a focus of, serving a mission. Missions are best known for testing

endurance and demanding constant activity. This holds true for all missions. Time on the mission is not your own. To prepare for full days and packed schedules, work as much activity into each day as possible, planning limited downtime and incorporating productive activity or service opportunities where available. Work up to full days without caffeine or other stimulants. Steady activity, built up over time, encourages higher energy throughout the day.

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SERVICE MISSIONS FOR YOUNG MISSIONARIES OUTLINED BY THE CHURCH

By The Church
of Jesus Christ of
Latter-day Saints

FROM THE OFFICE OF THE FIRST PRESIDENCY:

The Lord declared, “If ye have desires to serve God ye are called to the work” (Doctrine and Covenants 4:3). To serve the Lord as a missionary is a glorious, sacred privilege that brings eternal blessings to the individual and those he or she serves.

For many years, young men and women with a desire to serve God through missionary service but who are unable to do so for health reasons have served the Lord valiantly in various community and Church organizations. We are grateful for their service and are pleased to announce increased opportunities for young missionaries who have health challenges.

Beginning on January 2, 2019, all young missionary candidates will use the missionary online recommendation process. Under the direction of the First Presidency and the Quorum of the Twelve Apostles, each prospective missionary who qualifies will receive a call that best suits him or her.

Preaching the gospel to gather scattered Israel will always be the primary purpose of missionary service, so the Lord, through His leaders, will call most young people to find, teach, and baptize converts. Others, unable to serve in this manner, may be called to serve the Lord as a service missionary. Ad-

ditionally, missionaries who return home early from a proselyting mission for long-term health reasons may be reassigned to serve the Lord as a service missionary. Some other candidates may, with our appreciation for their desire to serve, be honorably excused from any formal missionary service.

WHAT IS A SERVICE MISSION?

A service missionary is called by the Lord through His prophet to serve in an environment uniquely tailored to the service missionary’s interests, abilities, and talents. Service missionaries live at home and serve for 6 to 18 months (young women ages 19–25) and 6 to 24 months (young men ages 18–25). They serve as close to full-time as their circumstances allow. Many service missionaries will serve the Lord in multiple assignments, including with approved charitable organizations, Church operations, and stake-assigned opportunities. Throughout their missions, service missionaries serve the Lord under the ecclesiastical direction of their stake presidents.

A service mission is an acceptable offering to the Lord when a proselyting mission is not possible. Therefore, referring to a proselyting mission as a “real mission,” “normal mission,” or “traditional mission” is inaccurate and should be avoided. All missionaries represent the Lord and carry out His work.

THE OBJECTIVES OF A SERVICE MISSION INCLUDE THE FOLLOWING:

- Provide an opportunity for all willing young women and young men to serve the Lord and increase in testimony of Him.
- Help each service missionary prepare for a lifetime of service.
- Provide needed and valuable service to the Lord through serving in Church and community organizations.

Service missionaries always wear service missionary name badges at their service assignment, at service mission meetings, and at Sunday Church meetings. They do not wear name badges at other times.

Service missionaries and their families are responsible for expenses related to missionary service. Family expenses include but are not limited to transportation, food, clothing, and medical, dental, and auto insurance. Service missionaries and their families are responsible for transportation to and from their service locations. Service missionaries receive no financial support from the General Missionary Fund.

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F H E Corner

Making the Sabbath Even More Delightfully Restful with an Extra Hour

Since the Sabbath includes resting from some typical daily tasks, the professional baker might welcome time for editing photos; the photographer might welcome time for baking cupcakes. What is delightfully restful for each member of your family? How can you all get the most out of the Sabbath—especially now with our new 2-hour church block?

Learn to prepare for the Sabbath and look forward to it.

- The mind has trouble slipping into subconsciousness if you're unprepared for the morning. Likewise, you can't expect your mind to relax on Sunday if an unfinished project is due Monday. Support each other in finishing those projects early.
- Practice repentance and forgiveness, and express gratitude for the opportunity to renew covenants by partaking of the Sacrament.

In this age of virtual living through illuminated display panels, re-enter the physical world for a while on the Sabbath.

- Have longer face-to-face conversations with each other.
- Snuggle as you read a picture book.
- Do a jigsaw puzzle or build with blocks.
- Create handmade art.
- Sing around the piano.
- Get with people in your ward, stake or neighborhood in person. Minister. Chat. Smile together. Share hugs. Visit as families or offer to watch children as your spouse steps away to see a friend.



Photo by Robin Finlinson

Amber Peterman of the Chandler West Stake relaxes and ponders outdoors.

Though we rest our bodies from physical exertion, nature provides serene Sunday pleasures. Appreciate what the Lord created before He rested on the seventh day.

Job 12:7, 9 and 10 counsels us to "... ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee... Who knoweth not in all these that the hand of the Lord hath wrought this? In whose hand is the soul of every living thing, and the breath of all mankind."

- During mild months, absorb a little sunlight. Breathe.
- Sit and listen to birds singing, or pet your dog or cat.
- Observe a soft wind rustling the leaves. Have a notebook with you. Significant inspiration often accompanies relaxation.

- Ponder your blessings and successes of the past week. Plan for the new one. Be thankful for that time to act, to learn—to exert muscle and mind with renewed vigor.
- Have a meal on your porch.
- In the evening, notice the moon and stars.

Reach higher into the spiritual realm.

- Have each family member take a moment (10 minutes, an hour, 30 seconds) to personally delve into the scriptures—at least until the Holy Spirit teaches you one thing.
- If you already hold daily family scripture study, perhaps spend more time with it.
- Use the brand-new Church manual *Come, Follow Me—For Individuals and Families*, provided to each household. The second page of the introduction states, "The schedule will help you keep up with the material covered in Sunday classes, but don't feel bound by it.... The important thing is that you are learning the gospel individually and as a family."
- Watch *Music and the Spoken Word* on the BYU Channel.
- Read from *For the Strength of Youth*.
- Choose many of the best books to read. Enjoy.



Photo by Robin Finlinson

Enjoy reading Church history and the works of general authorities and many other inspired authors.

Financial Climate Change

By Cecily Markland Condie

Certified Financial Planners Draw on Expertise and Experience to Help Clients Reach Goals

A college acquaintance introduced Don Crandell to the world of insurance and financial services, and, after trying a few other things, Crandell recognized that he not only enjoyed the work, he saw a need in the community. To fill that need, Crandell joined Country Financial. The rest is now a story of a 30-year career and the thousands of clients he has served.

The insurance and financial services industry was hard for him at first. "It's so difficult to get into it and make it work," he explains, "but, like anything worthwhile," putting in the work paid off. "It's been a great career," Crandell says.

He worked as an agent with Country Financial for four years, then was manager over the East Valley operations for 15 years. A little more than a



Don Crandell has worked as a manager and financial planner with Country Financial for more than 30 years.

decade ago, Crandell received the designation of Certified Financial Planner (CFP) through the University of Phoenix College of Financial Planning.

Qualifying as a CFP professional requires extensive training and experience. A CFP is held to rigorous ethical standards, and, because they understand the complexities of the financial climate and the options available, "we can help more people do more things," Crandell says.

Clients appreciate Crandell's experience, honesty, and attentiveness, and his practical, family-oriented, more conservative approach.

He also has a reputation for "be-

ing there for people when things get tough," Crandell says. "I help people know that there's going to be ups and downs, to reassure and to help them know how to manage these."

Crandell, who is a member of the Preston Ward, Red Mountain Stake, and has served in many

Church callings, including as a bishop and a temple ordinance worker, says he has seen time and again played out in real life the idea that "all the things we receive through a lot of good counsel from our leaders." He says this particularly applies to getting out of debt and to saving for the future.

"Being prepared can make a big difference, and protecting what you have today is important, too," Crandell says. "There are



Danny Fuentes (above) and Don Crandell are partners in the Country Financial office in East Mesa.

Continued on pg. 19

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WELCOME TO THE ARIZONA BEEHIVE'S *Health & Wellness* ISSUE!

The first of what will be an annual serving of healthy ideas for living your best life.

In 1833 the Lord Jesus Christ, through Joseph Smith, gave His Latter-day Saint children their first health and wellness guide when The Word of Wisdom (D&C 89) was revealed. Since then, members of the Church of Jesus Christ of Latter-day Saints have worked hard to keep minds and bodies

sound, and reaping the rewards of such.

Recognizing that we all need help keeping the commandments outlined in the Word of Wisdom, and that we often renew our commitment to improve our health this time of year, we offer the following pages of content that encourage well living at work, rest, play and service.

Here's to your righteous health and wellness ...



The Worth of *Beautiful Souls* Your Beautiful Soul Helping Others Live A Fuller Life

By Hillary Jade Fevrier

We all know that “the worth of souls is great in the sight of God,” and that sometimes those precious souls need a little TLC. That’s where Sarah Crawford and her team come in. After the tragic death of her younger sister, Crawford’s soul “hungered,” and she was inspired to turn her suffering into succoring. In 2011, she started helping others live a fuller life with a self-improvement challenge she called “More Fit for the Kingdom.” More Fit for the Kingdom was a huge success, and she repeated the challenge several times. In late 2016, inspired by a Brave Girls’ Camp retreat, Crawford was trained in Soul Restoration Therapy by Melody

Ross. Eventually, her training, personal experience, natural talent and plenty of friends all blended together in the perfect recipe, creating the community that is now known as Your Beautiful Soul.

Your Beautiful Soul encourages inner healing and outward serving in every aspect of life. Crawford summarizes the mission of Your Beautiful Soul as, “helping women discover the beautiful soul that they’ve always had, then using their experience to bless others.” The program promotes self-forgiveness and self-fulfillment through honesty and affirmation. Your Beautiful Soul offers a broad spectrum of approaches to healing, including the Soul Restoration Retreat, the “What Now?” six-week course, the Soul Book design

class, and a variety of inspirational and memorializing arts, crafts and jewelry. The personalizable bracelets and rings are also available on Crawford’s Etsy shop, which has serviced over 35 states. The inspiring messages printed on her products are even “better than tattoos,” Crawford says.

The Soul Restoration Retreat is Crawford’s main event. She holds it annually at her home in Gilbert with her team, including Camille Smith, Crawford’s partner, who is rumored to have a special talent in the kitchen! Women in search of healing come together at the retreat to share, learn, sing, heal, eat and create—and they leave changed.



Photo
by Sarah
Crawford

Sarah Crawford,
Founder of “Your Beautiful Soul.”

“Something amazing happens to the women at these retreats,” Crawford notes with wonderment. “The most powerful thing is that the people who sign up for the retreats need *each other* more than they need us.”

Continued on pg. 19



The lovely ladies
of Crawford’s most
recent Soul Restoration
Retreat.

Photo by Sarah Crawford

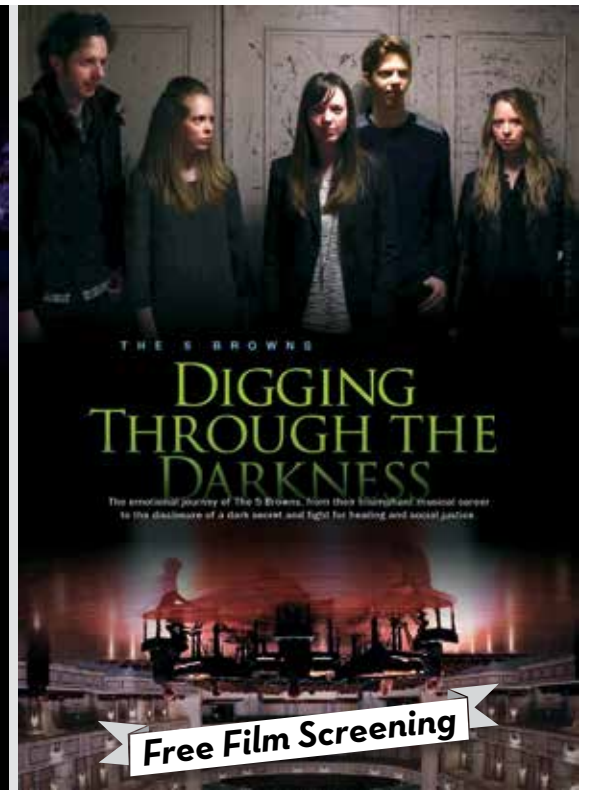


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The Worth of Beautiful Souls Continued from pg. 18

Your Beautiful Soul is a limitless movement that goes beyond geography and religion. Currently, much of the curriculum is available as an online course, and there are plans to make the entirety of the Beautiful Soul and Soul Restoration materials available digitally. Beautiful Soul promotes a non-denominational message, referring to a higher being as the “Truth-teller,” so that any participant will feel welcome and connected to the teachings offered through Your Beautiful Soul. Crawford dreams of transmitting her message to everyone, until she has “a bracelet on every wrist” and the retreats are “bursting at the seams.”

When life happens and our souls hunger, Your Beautiful Soul is a source that provides sustenance to the soul (and body!). Sarah Crawford has successfully assisted women in rediscovering their beautiful souls, then turning their healing outward to serve others. Crawford reminds all souls in need of restoring that healing is possible, and that “the Lord is good unto... the soul that seeketh him.”

Check out Sarah Crawford’s Etsy shop at www.etsy.com/shop/SarahJean-Creations. Detailed description of all services is available at www.yourbeautifulsoul.net.

Financial Climate Change Continued from pg. 15

spenders and there are savers. Even people who don’t make a great deal of money have the ability to learn how to save and to work hard to be a saver.”

“What happens for people once they start saving is an exciting adventure,” Crandell adds. “Miracles can happen.”

Crandell and his partner, Danny Fuentes, enjoy helping clients see these miracles come true, with insurance and financial planning products that are consistently rated A+.

“We start simply by asking questions, getting to know their goals and where they want to get,” Crandell says.

He and Fuentes work with clients to formalize a plan, including encouraging clients to “start simple, then review their progress yearly, and make adjustments as necessary.”

“We’re proud of our reputation and work hard to earn your trust,” Crandell says.

Their Country Financial office, located at 1423 S. Higley Road, Ste. 106, Mesa (Higley and Southern), is open 8:30 a.m. to 5 p.m. Monday-Friday and evenings by appointment. To contact Don Crandell, call the office at 480-649-9699 or email Donald.crandell@countryfinancial.com.

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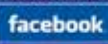
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Family History: Important for Your Health

By Valerie Ipson

Family history work turns spiritual hearts to fathers and creates eternal bonds as temple and sealing ordinances for ancestors are performed. This great work can also have health benefits for our physical hearts, and the rest of our bodies, as we learn our family medical histories.

Families have common factors related to health, including their genes, environment, and lifestyle. These can give clues to conditions that may be genetic or tend to run in families. By noticing patterns among family members, healthcare professionals can determine risks for individuals or even future generations.

The importance of asking questions cannot be overstated. Talk at family gatherings about health and medical conditions. Key details to discuss include diseases and age of disease onset and causes of death and age at death. Death certificates and obituaries are important sources for this type of health information as well.

A complete record would ideally contain information from three generations of relatives: you and your siblings, your parents and their siblings (and their children—your cousins), and your grandparents.

Ethnic background plays a role, as some diseases tend to manifest in certain groups more than others.

Some DNA tests include a focus on medical history and not just ethnicity. This could be a beginning step, but the information would need to be evaluated in the context of a person's overall health and family history. With an accurate history doctors can assess risk factors and recommend lifestyle changes to help prevent disease or prescribe tests for early screening. Further genetic testing may be suggested if needed. Even with inherited forms of disease, steps can be taken to reduce risk.

The Mid-Atlantic Guide for Patients and Health Professionals explains the benefits of knowing one's medical history: "People with a family history of disease may have the most to gain from lifestyle changes and screening tests. You cannot change your genes, but you can change unhealthy behaviors such as smoking, inactivity, and poor eating habits. In many cases, adopting a healthier lifestyle can reduce your risk for diseases that run in your family. Screening tests (such as mammograms and colorectal cancer screening) can

detect diseases like cancer at an early stage, when they are most treatable."

Even if you don't have a history of a particular health problem in your family, it is important to keep a health history up to date and to share it with a doctor regularly. Being aware of your health history is an important part of a lifelong wellness plan.



Sharing family medical history with a doctor is key.

Photo credit/permission: pixabay.com

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MINDFUL

Counsel for Brain Health

By Emily Jex Boyle

Living in Arizona, especially in the hot summer months, we know our bodies need water. Without a healthy dose of H₂O every day, our body, as well as our mind, suffers. Hydration is vital. So, in addition to water, what else is vital, particularly for our brain?

Experts list seven elements of a healthy lifestyle for our brain. Like a healthy diet, our mind needs variety. The following activities engage, renew and even energize our mind.

1 DEEP FOCUS is the first element of necessary activity for our brain. Just as our muscles grow stronger as they are exposed to resistance, our brains need a certain amount of uninterrupted time to work on complex or challenging tasks without distractions or interruptions. Research by the Human-Computer Interaction Institute suggests distractions, such as the notifications on our devices, notably negatively affect our brain power.

2 CONNECTING TIME is the second element. Our minds crave connection—connections to others and the world. It is true: no man is an island. Isolation is dangerous. Take time for deep talks or chit-chat, a

walk, saguaro silhouettes at dawn, or a sunset reflecting off one of Arizona's lakes or streams.

3 DOWN TIME is the third element. Thankfully, our brains also benefit from non-goal focused time. It is also healthy to disconnect. Some ideas of down time include reading a book or magazine, watching a show, or doodling.

4 TIME IN is the fourth element. Our brains need time to turn inward. Do you keep a journal or enjoy deep conversations with someone you trust? These are a few core examples of "time in" activities. Others include meditation and prayer. The ability to understand and manage your emotions is known as emotional intelligence. Activities such as journaling and those listed here provide us opportunities to process emotions and increase self-awareness. From these introspective activities stems an empathetic connection to the world around us.

5 PLAY TIME is the fifth element. Good news: the brain officially needs fun! It wants some laughs. Play a board game, remember an embarrassing moment. Find joy. Smile every day. Find a joke to share.



Photo courtesy of Emily Boyle

Necessary activities for our minds include stretches of uninterrupted time where we work on challenging tasks.

Even better, enjoy it with someone else.

6 PHYSICAL TIME is the sixth element. Experts suggest that you are much more likely to have an effective day on days when you take time to exercise.

7 SLEEP is the seventh and last element. Catching some z's not only allows your body time to rest, sleep is helpful for creativity, coming

up with insights, and finding themes and lessons in life's complexity.

It can be easy and tempting to overlook little moments such as those discussed here. Our free time is often spent on our devices. Spending large amounts of time on electronics is not balanced for our overall health, including for that particularly important organ on the top floor. As Gary Turk puts it, "Go out into the world, leave distractions behind."



Photo courtesy of Emily Boyle

One easy way to give your mind time to connect is to get out into nature and enjoy the beauty you see.



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Small and Simple Habits For A Healthy 2019

By Heather Kidder

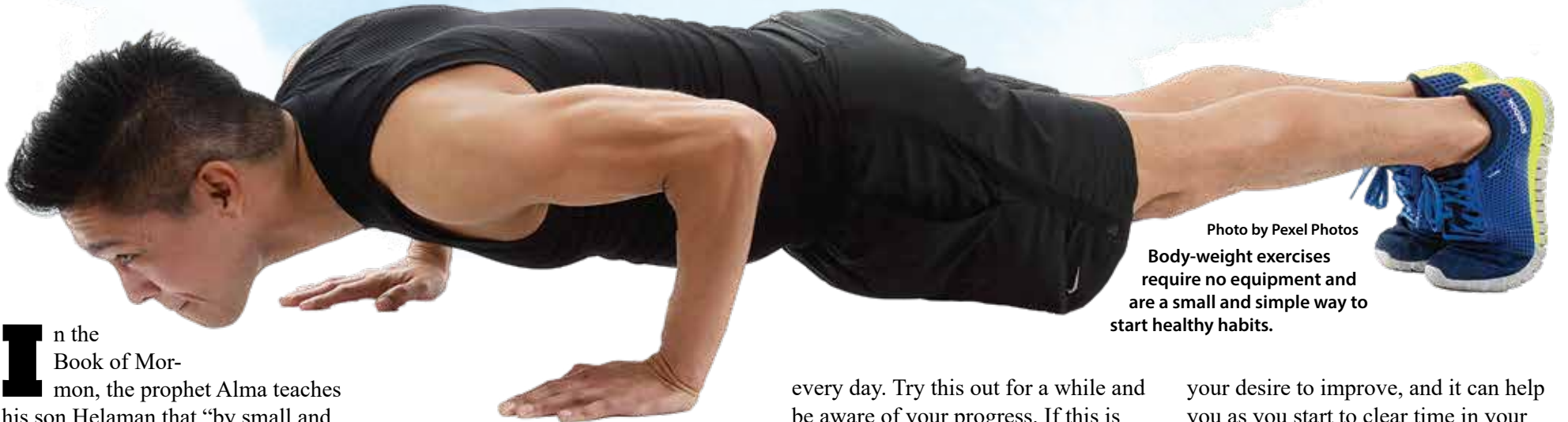


Photo by Pexel Photos
Body-weight exercises require no equipment and are a small and simple way to start healthy habits.

In the Book of Mormon, the prophet Alma teaches his son Helaman that “by small and simple things are great things brought to pass” (Alma 37:6). This truth can also be used as a guide to the personal changes we decide to make in 2019. The month of January can be a time for self-reflection and an opportunity to consider starting—or stopping—some of the small and simple things in our daily routines. Before beginning the year by jumping into a large and complex fitness-centered goal, it may be of long-term value to pause and attempt some smaller and simpler changes. These two easy suggestions can help you begin the process of building a more attentive, stronger, and healthier you.

ELECTRONIC DEVICES:

Time is a priceless resource that, sadly, is all too often wasted due to social media, gaming, email updates, or the nagging fear that you aren’t capturing enough of your moments in photos. Altering your dependence on electronic devices can boost mental health and create room for healthy habits to grow. Before considering a time-intensive or

schedule-altering health goal, consider tracking the time spent with your electronic devices. Awareness instigates change and provides sincere motivation. A small and simple change to lessen the grip of electronic devices in our lives can give us more time to spend on healthy habits, as well as provide a much-needed break that benefits our mental health. Consider staying off of one portion of your device at a designated time in the evening. After dinner, try avoiding all social media or games. A small change to be in control can make a large difference.

10-A-DAY: This small and simple habit can precede, or prepare you for, the classic gym membership commitment. Especially if you have started and failed to maintain a membership in the past, consider making a simpler in-home change first. First, choose an exercise that is not completely horrifying to you: crunches, toe-touches, push-ups, squats, calf raises. Then, begin by doing 10 repetitions of the exercise

every day. Try this out for a while and be aware of your progress. If this is something that you easily achieve, the next small and simple change can be to increase the repetitions to 15 or 20. After that, another small and simple step might be to add in an additional type of exercise. This simple change shows

your desire to improve, and it can help you as you start to clear time in your schedule for self-care. If you are able to establish a habit of doing this each day, it will be easier for you to step up to the more time-intensive exercise commitments when you are ready to tackle them.



Challenge yourself to stay off your device in social settings.

Photo by Pexel Photos



Norman ^{THE} Member of The Church of Jesus Christ of Latter-day Saints

Have you seen Norman Mouse, his Mama and Papa and little sister, Emily? They are a typical LDS family facing typical family issues. Norman is a featured guest in The Arizona Beehive. We hope you will grow to love Norman as we have.

In this issue we have Norman hidden in the pages for you and your children to find. Norman may be hiding behind an article or advertisement, or peaking around a picture! If you find Norman, private message us on Facebook @BeehiveNews, or on Instagram

@the_arizona_beehive. You just might receive a prize if you find him!

Join Norman in this new and colorful picture book series as he learns lessons and values that are specifically written for LDS children. You can find him, his books, and his family easily

at NormanTheMormon.com. There you can also learn about the amazing creators of Norman, Danette Smith and her lovely daughter Brittany Smith. His adventures are now available to read in Spanish, too!

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Healthy Living

By Allison Beckert

At Muesliikon Green Cafe

Diet is the center of health. Doctors advocate whole foods, including whole grains, fruits, and natural sources of energy. Products with simple, easy-to-understand ingredients demystify our diets. Gra-

nola once topped the charts for healthy eating; however, in the last few years added sugar and other questionable ingredients made most brands no better than other snacks and cereals on the market. Lovers of granola and those

looking for a healthful addition to the pantry this new year can get back to basics with Muesliikon, and support a local Arizona business too!

Opened in 2018, Muesliikon Green Café centers around a unique blend of traditional whole grains, fruits, and nuts. Muesliikon comes in three flavors – Original, Vigor (with a variety of nuts), and Vigor de Cocoa. All three are featured in creative recipes served at the Green Cafe. Get a boost with a fruity smoothie, enriched with Vigor. Try the original mix in an antioxidant-packed açai bowl. Order a parfait with fresh fruit, topped with the newest flavor, Vigor de Cocoa, for a cocoa treat.

Owenr Lelia Adams Essien created her café from a desire to have the same high-quality muesli she enjoyed while studying law at England's Oxford University. She'd struggled with her weight but had a breakthrough when



Photo by Muesliikon

Muesliikon Vigor de Cocoa

she started eating muesli for breakfast every morning. Law program finished,

Continued on pg. 25



Muesliikon Green Cafe

Photo by Muesliikon

COOKING WITH the BEEHIVE

By Rachael Fuller

"Smooth" Out Your New Year's Resolutions!

It's that time of year: the holidays are over, and it is time to rethink your life, right? January is traditionally the time when resolutions are made with the best of intentions. Alas, as early as January 17th there is a holiday known as "Ditch New Year's Resolutions" Day. Most people have already given up on resolutions by mid-winter, so this year let's try something a little different. Instead of making a huge, hard resolution, make small changes that you can keep going throughout the whole year. Want to start with something easy, maybe

a healthy breakfast? I am here to help!

Meal prep is a great way to help yourself out and keep on the right track. I have rediscovered the majestic simplicity of a prepped and delicious smoothie. I love being able to just run to the freezer and grab a bag of pre-measured, pre-cut fruit and pre-measured frozen yogurt. Pop it the blender and add some juice, and breakfast is done. The following is one of my favorites but feel free to have fun and experiment with new combinations. Many smoothie aficionados love bananas for the creaminess they add, so feel free to add some to this recipe. Again, experiment! Happy blending and Happy New Year!

Very Berry Smoothie

Makes one 16oz smoothie

Ingredients

- 2 cups of assorted frozen berries
- ¾ cup of pre-frozen unsweetened Greek yogurt (I use ice cube trays to pre-freeze and easily portion.)
- 1 tsp of chosen sweetener (I like honey.)
- 1 cup of liquid (I like low-carb juice, but milk, almond milk or coconut water will all work.)

Directions

1. Combine all ingredients in a blender.
2. Blend using the smoothie button if your blender has one, or blend until your smoothie reaches desired consistency. (I like mine a little thicker.)
3. Pour into a cup and add a straw, and enjoy!

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Healthy Living Continued from pg. 24

some weight gone, and back across the ocean, good muesli was hard to find. Just like granola, most brands started including added sugar, syrups, or ingredients more familiar in a lab than a kitchen, and far from muesli's roots.

Dr. Maximilian Oskar Bircher-Benner invented muesli as a health food around 1900 while studying the use of raw foods as a medical treatment. Originally served to sick patients, muesli became part of his health retreat in Switzerland. The early recipe, made with whole grains and raw apple, was often soaked overnight with water and lemon juice before it was served with probiotic-rich yogurt. It is just as delicious eaten plain or as an ingredient in healthful recipes.

Muesliikon has no added sugar, high fiber, and very low fat. A diet high in fiber has been shown to help stabilize blood sugar spikes, reducing the strength of cravings and helping to maintain energy throughout the day.



Muesliikon Vigor

Photo by Muesliikon

Low sugar and low-fat ingredients make Muesliikon a helpful addition to the New Year's pantry.

Visit Muesliikon Green Café in Gilbert and check out their energizing menu on their website. For a daily portion, all three flavors of Muesliikon are available on shelves at AJ's Fine Foods.



FINANCIALLY THRIVING

Apply These Three Habits To Develop Healthy Finances

By Michael Harris, CPA

ONE of the most precious gifts we have been given is the gift of agency. Besides being a gift, it is also a responsibility. As you take your agency and apply it to the following simple yet powerful principles, you will not only be financially healthy, but will be financially thriving.

Sound financial habits will enable you to live a financially healthier life. Eating fresh fruits and vegetables, and exercising daily are the staples of a healthy physical lifestyle. Likewise, to be financially healthy and thriving, you must employ healthy principles concerning your money. A monthly spending plan, being accountable towards your plan, and making smart financial goals are the staples of a healthy financial lifestyle.

1 Develop a Monthly Spending Plan

Setting and following a monthly spending plan is the most important thing you will ever do for your long-term financial independence and well-being. To accomplish this, figure out where and on what you are spending your money by reviewing each of the last three to six months of expenses, and classifying them into categories like rent, groceries and dining. Once you do this, average them out to get a picture of how much you spend in each category. Create a monthly budget based on your averages in each category, and stick to your spending limits.

2 Create Accountability

The biggest reason people fail in achieving the most meaningful things in life is because they fail to be accountable. Shortly after setting a goal, motivation may diminish, and soon that very meaningful goal set days earlier is forgotten. To overcome this, report your goals to someone you trust, and set rewards for yourself as milestones are reached along the way. This is a key and oft overlooked step in obtaining those meaningful results we all seek to achieve in our lives.

3 Set Short and Long Term Financial Goals

Once you have these basic steps down and have done this for six months, you are in the driver's seat. Obstacles will arise, but you will by this time have the discipline to follow your plan. From this point, set some basic goals like generating emergency savings and paying off debt. Then consider more substantial goals, like a home purchase and retirement savings.

The ultimate goal is to reach retirement age with enough savings to retire. By employing these three financial principles, you may not have to rely on social security when you do retire, and will be set up to live financially free. Many will be forced to keep working past retirement age. By following these basic principles, you may continue to work past retirement age, not because you have to, but because you want to. This is one of the many ways to define financially thriving.

A Man Who Likes a PUZZLE

LDS Vein Doc Ryan Jones Opens New West Valley Practice

By Merry Gordon

“It may sound cliché,” says United States Air Force veteran and doctor Ryan Jones, “but I really wanted to help people.”

In a medical career that has spanned well over a decade, Jones has done just that. Following his recent retire-

ment from the Air Force, the returned missionary and West Valley father of five has started a practice—the Vein Envy—and found new ways to help his patients.

Jones’ interest in medicine stems back to his two-year service as a missionary in Brazil, where he “was able

to help out people who weren’t able to help themselves,” he says. A man who likes a puzzle, Jones adds, “I enjoy the challenge that medicine provides. No two patients are the same. Some patients may have visited a dozen doctors without a diagnosis. I love finding the answers and solutions.”

After his undergraduate work at Utah State University, Jones attended Midwestern University and did his surgical training at the University Medical Center in Las Vegas, a level one trauma hospital. There he gained training in venous and vascular surgery. A thirteen-year career in the United States Air Force followed, and Jones found ways to put his medical training to use. In the summer of 2016 Jones performed a medical mission in Honduras during which he completed over 100 surgeries.

He cites one life-or-death situation as an example of the unique opportunities afforded to him through his Air Force medical career: “I debrided a leg of an 8-year-old who was bit by a local venomous snake and was mistreated by a ‘witch doctor’ in the mountains,” he says.

Of course, his new clients’ ailments are a little less exotic now. Vein Envy, Jones’ new practice, is an outgrowth of



Photo by Kirstynn Evans

Dr. Ryan Jones of the West Valley’s Vein Envy.

a phlebology practice he began at Luke Air Force Base. Back in the civilian world, Jones treats a variety of conditions and symptoms ranging from skin ulcerations to varicose veins to restless leg syndrome in patients both young and old.

“Most physicians don’t have answers for patients with vein issues . . . It’s usually chalked up to cosmetic issues, or an issue that can’t be corrected,” he says. Jones explains that this is usually the result of vein pathology not being taught in medical school or residencies. “When they come to my office, they finally receive answers.”

Vein Envy offers not only relief, but convenience.

“Vein surgery has had huge advancements,” Jones says. “No longer are we needing to do big surgeries for veins in the hospital and perform vein strippings where there is a large amount of bruising and long down times. We can now do a procedure in the office that has no downtime, no pain meds required, and no large surgical incisions needed. It is easier than a dental procedure,” he jokes.

More than mere convenience, Jones’ patients have the benefit of a caring, Christian doctor who treats them like one of his own.

“I love being able to provide an experience that they wouldn’t expect from a doctor and his office staff. It’s nice to see my patients look forward to coming in to the office as though they were visiting a family member or friend,” he says.

Got vein problems? Visit Vein Envy at La Loma Medical Plaza, 14044 West Camelback Road, Suite 226, in Litchfield Park, or call 623-233-1050 for an appointment today.



Photo by Kirstynn Evans

Dr. Ryan Jones, pictured with his wife, Taya, and five children, opened Vein Envy after a 13-year career in the United States Air Force.



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SIX YOUNG LATTER-DAY SAINTS WRITE TEEN SELF-HELP BOOK

By Cindy R. Williams



Beehive BOOK REVIEW

It is tradition to set goals for the new year. *We'll Seek the Lord Early* is an insightful self-help book written with teens for teens to help them do just that.

Six young members of the Church of Jesus Christ of Latter-day Saints participated in the creation of this book, now available on Amazon.

We'll Seek the Lord Early lists these questions: "Have you ever felt left out, alone, unworthy? Do others around you seem happy and successful while you struggle to keep the commandments and live the gospel? Is there any way you can live the gospel more fully and seek the Lord's guidance and blessings and feel worthy of His love?"

The book's six collaborators address real-life teen challenges by their own specific examples in the book.

Written workbook style with room for the reader to participate by filling lined pages in each of the sec-

tions with answers that help them personally, the book asks, "What drives you? What would you do with your last 30 days?"

Other topics in the book take teens through coming-of-age situations: "Your Title of Liberty," "Dating," "Dating II: When Relationships Happen," "Friend-couragement," "Family-couragement," and "Seeking the Counsel of the Lord."

One of the teens involved in the book, seventeen-year-old Kate-lyn Draney, shared what she hoped to get out of this project: "I hope to come



Photo courtesy of Joy Beyond Measure Books

We'll Seek the Lord Early, a new book by Annette Bonner, helps teens live the gospel.

to realize all the good that I do and to stop beating myself up. I also hope to draw closer to Christ and strengthen my testimony of Him. I might learn how to find myself and live every day like it's the last."

Corbin Muhlestein, 17, says about the project, "I feel I can gain more clear insights of what I am supposed to do here on earth, or what my particular mission in life is. I see this project as an opportunity to help me grow and change for the better. Being a teenager today is not easy and I hope I can help my fellow teens to make it through the rough times."

We'll Seek the Lord Early is published by Joy Beyond Measure Books and is available on Amazon.



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Healthy Office Culture

Workplace Wellness Is Easier Than You Think!

By Merry Gordon

The same health and hygiene rules you learned as a child still apply to grown-ups: wash your hands, cover your mouth when you cough or sneeze, avoid contact with others who are sick. But going beyond wellness basics can net some big health gains for your workplace—and it's easier than you think.

Prevention programs stop health problems before they affect attendance, productivity or morale. Many times, companies will subsidize such programs, knowing that they'll save on healthcare costs down the road. Here are a few ideas that can help keep your workplace healthy during the new year.

Stress Management

Stress is a big contributor to health problems. Chronic stress can lead to or worsen depression and anxiety, which in turn can take a toll on the heart, increase the likelihood of obesity and diabetes, or cause sleep issues. To combat stress in the workplace, consider the following:

Meditation: A 2018 study found a

positive correlation between mindfulness and workplace productivity. Meditation practices like walking meditation, which combines physical activity with mindfulness, or mindfulness meditation, which allows participants to focus on the moment rather than looking ahead or behind, can center your coworkers with deep breathing, better concentration, and renewed purpose.

Yoga: Yoga takes meditation a step further to combine movement and breath in a series of poses that stretch the body and engage the mind. The dangers of sitting for long periods of time have been well documented in recent medical literature, so yoga is a great way to get out of your chair—and better yet, yoga can lower levels of the stress hormone cortisol in the brain.

Healthy Eating

Under pressure, many people don't make the best food choices, opting instead for carbohydrate- and sugar-rich convenience foods instead of the whole grains, fruits and vegetables the body needs. Luckily, easy swaps can ensure you eat better on the job.



Encourage frequent healthy office potlucks.

Photo by iStockPhoto.com

“Candy” jar: It's far too easy to dip into the candy jar on a long day—but what if that candy jar was replaced with fresh blueberries, almonds or trail mix? Try a healthy twist on easy snacks by keeping healthier food on hand for those midday cravings.

Healthy Potlucks: Skip the take-out and try an office potluck once a week in which each co-worker brings in a nutritious dish to share—and the recipe. Everyone walks away well-fed and well-equipped to try a new recipe at home.

Exercise

Being sedentary in the workplace takes a mental and physical toll that can lead to absenteeism and decreased productivity. Looking for ways to keep active while on the job is a healthy habit that can pay off.

Sit-stand desks, exercise balls and vibrating seats: Flexible seating op-

tions that allow employees to sit and stand can decrease the extremes of employees sitting or being on their feet all day. Sitting on an exercise ball instead of a chair can engage back muscles (beware—with no back support, this isn't a long-term option!), while seat cushions that vibrate hourly remind workers to get up and stretch.

Exercise challenge: Pick a new exercise every month—squats, sit-ups, jogging, etc. Create a calendar that allows employees to increase exercise intervals slowly and progressively throughout the month and have a prize drawing for anyone who completes the challenge.

Wellness doesn't happen overnight, but little changes in office culture can help keep employees fit and focused, both physically and mentally.



Photo by Wellness GM via Flickr

Eating right and exercising can be easier with the help of co-workers.

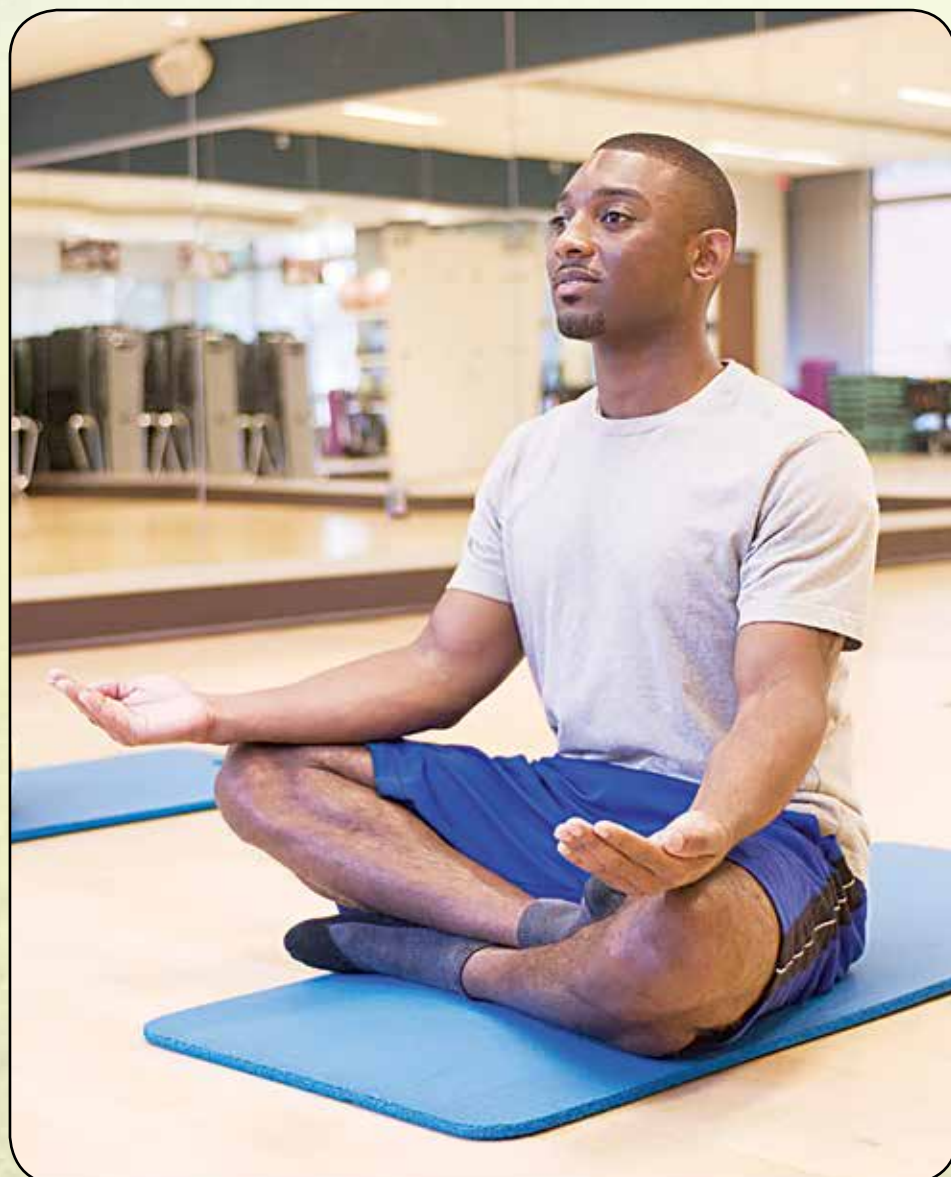


Photo by CDC/ Amanda Mills acquired from Public Health Image Library

Yoga and meditation are two of many ways your workplace can get fit—physically and mentally—this new year.

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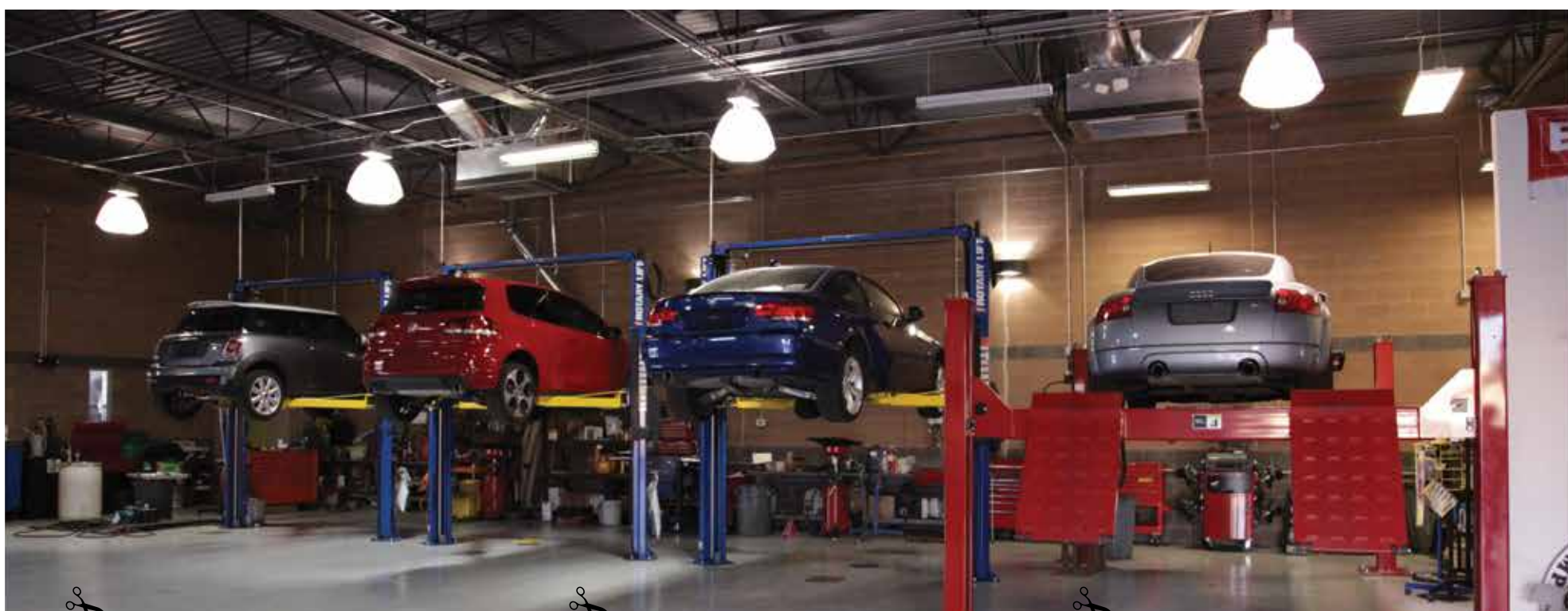
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Giving Back

By Katherine Ogden

Local Artist Creates “Mesa” Mural for A New Leaf

A unique, one-of-a-kind mural of the city of Mesa was recently donated to the A New Leaf foundation on behalf of the Lakeview Trails Ward, Highland East Stake. Even more unique, though, is the story of how it came to be.

Alyson Ryan never intended to do this herself. She was responsible for choosing a service project for her ward and found the venture listed on JustServe.org. Knowing there were several other accomplished artists in her ward, she imagined she would just be the facilitator, not the painter. But one by one, each person she’d envisioned creating it fell through. The project stared at her for several months before she realized it would be *her* project.

“During this time, I was actually recovering from the devastating circumstance of having Epstein Barr and Lyme disease,” says Alyson, “so

I was limited on the actual time I could stand on my feet, as I was recovering. The emotional challenge of feeling worthless as a person who couldn’t do anything was a battle I often faced, so finding ways to serve from my home was actually a huge blessing. On days that I felt motivated to paint, I could lie down, then stand and paint for a few minutes and then be able to lie down again.”

The mural’s design (which she created, with the help of her husband, William) is a celebration of the city of Mesa and an attempt to capture the city’s past, present and future with the special prominence of La Mesita, a shelter operated by A New Leaf.

“I actually have a hard time even calling myself an artist; I grew up in very artistic family, but always felt like the odd duck because I couldn’t do as well,” says Alyson. “Then, as an adult, I wanted larger pictures in my home,



Photo by Steve Lowther

Local artist Alyson Ryan.

and, to be cost effective, I’d dabbled a little with some mural work.”

“We were so happy to receive the mural,” says Bridget Talty, Development Coordinator for A New Leaf’s philanthropy department. “I’d asked Alyson to create something that incorporated the community around La Mesita, since the community really supports us and this is the neighborhood that our families live in. She took the ball, ran with it, and created an amazing mural.”

“This experience of painting the mural was powerful for me; the opportunity to serve was more beneficial for me than for those I was trying to serve,” says Alyson. “We may not all be artists in the traditional sense of the word, but we are creators, with gifts and talents that only we possess, and when we share our light to create smiles and joy in others, in some way, we make the world better no matter how great or small that impact is. The only important part is that we choose to believe in ourselves and try.”

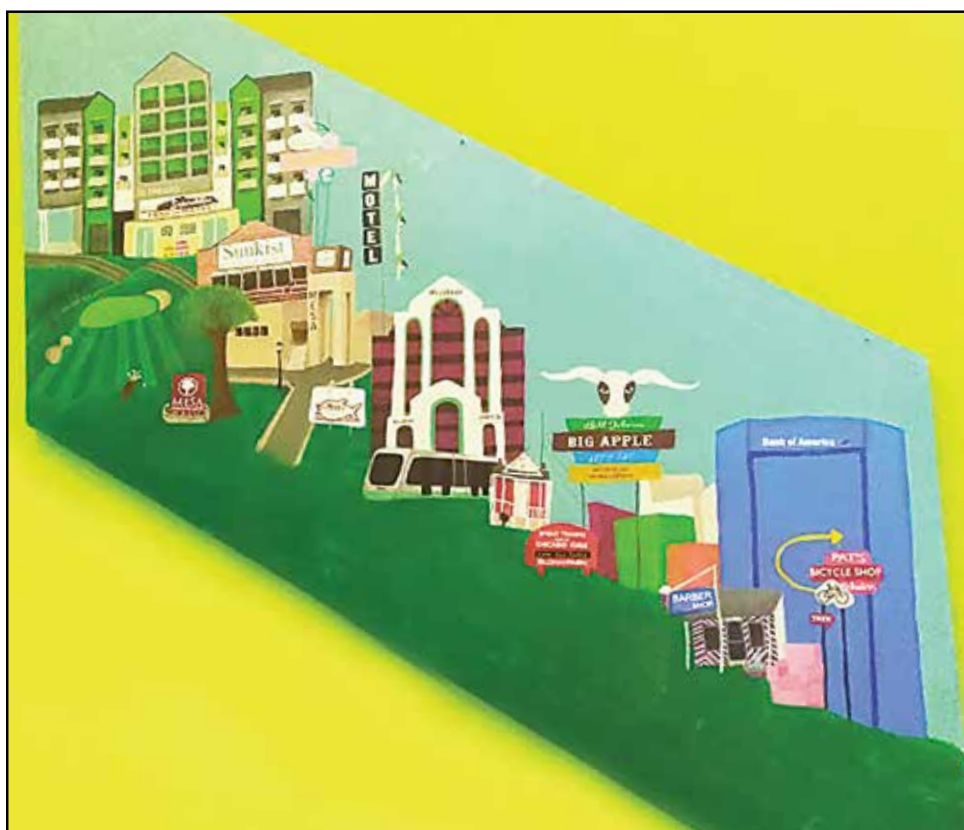


Photo by Robert Ogden

The Mesa mural at A New Leaf's facility.

VALLEY TEMPLE SCHEDULES

Family Ordinance Cards

Ordinances for family names must be done in proper sequence—baptism, confirmation, Melchizedek Priesthood ordination (males), initiatory, endowment, and then sealing. Please allow sufficient time to perform all the ordinances you wish to complete during your visit. For additional help and information, please call the temple.

Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014
(480) 833-1211

2018 Temple Closures

Sunday, May 20, 2018 - Thursday, December 31, 2020

Gilbert Arizona Temple

3301 S. Greenfield Rd, Gilbert, AZ, 85297
(480) 822-5000

The Gilbert Arizona Temple grounds will now be open Sunday and Monday evenings from 5:00 to 9:00 p.m. for individuals and families to experience the peace and holiness of the temple and to teach their children, grandchildren, and friends about the blessings of the temple. This opportunity will begin immediately and will be in addition to the availability of the temple grounds daily Tuesdays through Saturdays (except closures published on lds.org).

Services

Clothing rental now available, no cafeteria, no patron housing available

Distribution center: Inside nearby Deseret Book Store: 2894 S. San Tan Village Pkwy #103, Gilbert

Endowment Sessions

Tuesday - Saturday: Every 45 min from 5:30am – 7pm
Last daily session at 7:30pm

Spanish Sessions: Tuesday, 7:30pm; Saturday, 8:30am

ASL Session: 3rd Saturday of the month, 11:30am

2019 Temple Closures

Monday, March 11 - Monday, March 25

Saturday, April 6

Thursday, July 4

Monday, September 30 - Monday, October 14

Wednesday, November 27 - Thursday, November 28

Tuesday, December 24 - Wednesday, December 25

Tuesday, December 31

Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85310
(623) 474-9500

Services

No clothing rental, no cafeteria, no patron housing available. No distribution center nearby

Endowment Sessions

Tue a.m.: 7:30am, 9:00am, 10:30am

Tue p.m.: 4:30pm, 6:00pm, 7:30pm

Wed a.m.: 6:00am, 7:30am, 9:00am, 10:30am

Wed p.m.: 4:30pm, 6:00pm, 7:30pm

Thu a.m.: 7:30am, 9:00am, 10:30am

Thu p.m.: 4:30pm, 6:00pm, 7:30pm

Fri a.m.: 7:30am, 9:00am, 10:30am

Fri p.m.: 12:00pm, 1:30pm, 3:00pm, 4:30pm, 6:00pm, 7:30pm

Sat a.m.: 6:00am, 7:30am, 9:00am, 10:30am,

Sat p.m.: 12:00pm, 1:30pm, 3:00pm, 4:30pm, 6:00pm

Spanish Sessions: Tuesday, 7:30pm; Saturday, 7:30am

ASL Session: 2nd Saturday of the month, 12:00 noon

2019 Temple Closures

Saturday, April 6

Monday, May 13 - Monday, May 27

Thursday, July 4

Saturday, October 5

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